

Food with Care

Child and Adult Care Food Program

Bureau of Nutrition Programs and School Transportation • Iowa Department of Education

April 2005

Number 3

Inside this issue:

CACFP Regulations

Recommendations to
Limit Juice

Tidbits from Julia

CACFP Summer Short
Courses

Upcoming CACFP
Trainings

Help Promote the
Simplified Summer Food
Service in Your
Community

Food Safety

Voluntary Recall Similac®
Advance®

Resources

CACFP Regulations Update

Changes from the Second Interim Rule

The Second Interim Rule is the second round of changes adopted by Congress to improve integrity in the Child and Adult Care Food Program. The Bureau has communicated the changes in several memos sent over the past few months. Highlights are summarized below; the topic covered can be found in the memo numbers listed.

Enrollment Form Requirements (CS-2005-4 & IC-2005-1)

Beginning April 1, 2005, enrollment forms for any new children enrolled at centers will need to indicate the “normal” days in care and types of meals normally to be received by each child. In addition, enrollment forms must be signed by a parent or guardian and updated annually. For children enrolled before April 1, 2004 the changes must be made the next time the forms are collected or updated and no later than September 30, 2005. CACFP enrollment forms are required in both sponsored and independent child care centers, but not for “At-risk After School Snack Programs”, outside-school-hours care centers or homeless shelters unless the facility is licensed. The requirement for an annual enrollment update is not required for adult day care centers.

Training Requirements (CS-2005-4 & IC-2005-1)

Beginning 10/1/2004, mandatory training will be required for key staff with CACFP responsibilities at all independent and sponsored centers, both before Program participation and annually thereafter. Key staff were identified in the memo. Minimum topics to include, as applicable, to appropriate staff are meal patterns, meal counts, claims submission and review procedures, record keeping requirements, an explanation of the Program’s reimbursement system and responsibilities of supervising adults at mealtime.

—continued on page 2

Meal Claim Edit Checks (CS-2005-3)

By October 1, 2005, sponsors of centers must have monthly edit checks in place to ensure that block claims are detected. A “block claim” is a claim on which the number of meals claimed by a sponsored center for one or more meal types is identical for 15 consecutive days within a claiming period. This type of edit check helps identify potential false claims. Since block claims can be the result of legitimate factors, a block claim triggers an unannounced review of the facility within 60 days of submission to investigate if the claim is in fact false or if the block claim occurred for legitimate factors.

Review Cycle for Sponsored Centers (CS-2005-3)

Beginning October 1, 2004 sponsors of centers may “average” their reviews of sponsored centers. The intent of this change is to permit sponsors to focus their review efforts on facilities that are more likely to commit errors (i.e., newer facilities and facilities with a history of operational problems). The same total number of annual reviews must be completed, but some facilities may be visited twice a year, and other facilities more than three times per year. Each facility must receive at least two unannounced reviews per year and one of these visits must be at mealtime. If a block claim or a serious deficiency has been identified for a sponsored center, they may not receive less than three reviews per year.

Required Elements for Reviews of Sponsored Centers (CS-2005-3)

Starting October 1, 2004 required items to document in reviews of sponsored centers include compliance with meal patterns, licensing or approval, CACFP training, meal counts, menus and food production records and compliance with enrollment form requirements. In addition, the reviewer must assess whether the sponsored center has corrected problems noted on previous reviews and reconcile five days of meal counts with enrollment and attendance records.

Household Contacts (CS-2005-6)

Center sponsors are required to contact parents if they identify records that lead them to question the validity or accuracy of meals claimed for reimbursement. Circumstances under which parents should be contacted includes:

1. Income eligibility forms that appear to have information that was not submitted by the household;
2. A block claim in combination with two or more of the following factors
 - Parents don’t generally sign children in and out.
 - The average daily attendance (ADA)* during the pervious month is not reasonable compared to the number of children observed in attendance the day of the facility review.
 - There is a discrepancy identified when comparing attendance, enrollments and meal counts for five days during a facility review.
 - Other factors identified and determined to be relevant based on reviewer discretion.

Procedures and suggested forms are included in the memo.

**Recommendations to Limit Juice**

Kids love juice and it can be a good source of vitamin C. When purchasing juice, look for 100% juices that provide at least 100% of the Daily Value (DV) for vitamin C on the nutrition facts label. However, juice is relatively low in fiber and other nutrients and high in sugar. The American Academy of Pediatrics recommends limiting daily juice intake as follows:

Age	Recommendation
Infants 0-6 months	No juice
Infants 6-12 months	No recommendation
1-6 years	4-6 oz.
7-18 years	8-12 oz.

Excessive juice consumption can crowd out more nutritious foods and can even cause diarrhea. To help limit juice, provide variety at meals and snack time and encourage overall fruit consumption. Consider serving fresh or canned fruit several times per week instead.

Tidbits from Julia

Looking for Extra Dollars?

Did you know if your Child Care Institution is registered with the Bureau as a Team Nutrition Program that you've met the first criteria to be eligible for a Team Nutrition (TN) mini-grant? Plus by registering as a TN Program your facility is eligible for other nutrition education resources at no charge as long as grant funds are available.

Farm to CACFP

Do you currently purchase any produce from local producers? In recent months the Bureau has met with a number of producers interested in working with local child cares and schools. In addition to having product(s) to sell, some producers are willing to provide a short talk with youngsters about the product they raise and/or have a field trip come to their farm. If you are interested in doing more local procurement and would like assistance in finding producers in your area or have questions about "how to begin," please contact your area consultant or the Bureau.

Whole Grain Products

USDA and the Dietary Guidelines for Americans are placing an increased emphasis on the daily consumption of foods with whole grains as their primary ingredient. As you are planning menus and buying groceries, take time to read the labels and strive to offer whole grains more frequently to promote the establishment of a lifetime of good eating habits.

Fresh Fruits and Vegetables

It is important that young children are introduced to a variety of fruits and vegetables in a variety of forms. Take a good look at your menus; have you tried any new fruits or vegetables recently? When possible, do you offer the product in a fresh form? Telling children how a product grows and letting them touch and feel the product, before it is prepared for serving, is an easy way to provide a mini-nutrition lesson as well as encourage them to try the new item.

Helping You to Do Your Job Better

That's the purpose of the numerous trainings the Bureau offers throughout the year. The CACFP Summer Short Course, July 12-13 at Iowa State University is an excellent opportunity to learn a lot in just two days – we hope to see you there!

Bureau of Nutrition Programs and School Transportation

CACFP Summer Short Courses

Summer Short Courses are just around the corner, so mark your calendar for July 12-13, 2005. This year we have invited trainers from the National Food Service Management Institute (NFSMI) to introduce and help you use professional CACFP resources they have developed and published for Food Program participants. Consultants from the Bureau of Nutrition Programs and School Transportation and the Iowa State University Extension staff will also present several workshops and be on hand to answer your questions.

DAY 1-July 12, 2005

Nutrition Resources for CACFP
Nibbles for Health or Using the Food Buying Guide
Fruit & Vegetables Galore/PABS/PBH or Food Production Records
Keeping Children Safe/Food Safety
Feeding Infants or Administrative CACFP Changes & Civil Rights

DAY 2-July 13, 2005

Building Blocks for Fun and Healthy Meals
Child Care Recipes
Care Connection
Fun Physical Activities and Healthy Snacks

Short courses will take place at the Iowa State University Campus, Scheman Building in Ames. Registration materials were mailed in March and can be downloaded from our website at <http://www.state.ia.us/educate/ecese/fn/cacfp/training.html>. There is a charge of \$65 per participant. Hope to see you there!



Visit the Bureau's Web Site at www.state.ia.us/educate/ecese/fn

Upcoming CACFP Trainings

CACFP Recordkeeping

6/14/05 Des Moines and Tentative ICN sites: Cherokee, Council Bluffs, Elkader, Iowa City, Mason City, Mt. Pleasant, Ottumwa, and Webster City

9/13/05 Des Moines and Tentative ICN sites: Cedar Rapids, Cylinder, Keokuk, Osceola, Red Oak, Sioux City, and Waverly

10/18/05 Des Moines and Tentative ICN sites: Atlantic, Cedar Falls, Charles City, Davenport, Iowa City, Orange City, and Tama

Workshop Hours: 9:00 a.m. – 2:30 a.m.

Description: Explains required CACFP records, CACFP meal pattern requirements, and on-line claim procedures. The “CACFP Recordkeeping Manual for Centers” will be covered.



Free & Reduced-price Income Application Q&A

8/9/05 Des Moines and Tentative ICN sites: Burlington, Carroll, Cedar Rapids, Council Bluffs, Creston, Davenport, Decorah, Dubuque, Emmetsburg, Fort Dodge, Grinnell, Mason City, Sheldon, Sigourney, Sioux City, and Waterloo

Workshop Hours: 8:30 a.m. - 10:30 a.m.

Description: Reviews the basic procedures and common questions regarding free and reduced-price applications.

CACFP Application Renewal Q&A

8/9/05 Des Moines and Tentative ICN sites: Burlington, Carroll, Cedar Rapids, Council Bluffs, Creston, Davenport, Decorah, Dubuque, Emmetsburg, Fort Dodge, Grinnell, Mason City, Sheldon, Sigourney, Sioux City, and Waterloo

Workshop Hours: 10:45 a.m. – 12:45 p.m.

Description: Reviews the CACFP application renewal process.

Basic Menu Planning & Food Production Records

4/19/05 Des Moines and Tentative ICN sites: Atlantic, Dubuque, Fairfield, Fort Dodge, Iowa City, Mason City, and Spencer

Workshop Hours: 9:00 a.m. – 3:00 p.m.

Description: Reviews the basics of CACFP menu planning and how to use the “Food Buying guide” to establish food production records and purchase food to meet CACFP meal pattern requirements.

Watch your mail or visit our web site at www.state.ia.us/educate/ecese/fn/cacfp/training.html for information regarding these summer workshops listed below. (There is a charge for these workshops)

Infant Nutrition

6/29/05 Des Moines Area Community College; sponsored by WIC and CACFP

Preschool Nutrition

6/30/05 Des Moines Area Community College; sponsored by WIC and CACFP

CACFP Food Service Short Course—There is a charge of \$65 per participant.

7/12/05 Scheman Building, Iowa State University, Ames, IA; sponsored by CACFP

7/13/05

Help Promote the Summer Food Service (SFSP) in Your Community

The SFSP* needs your help in promoting public awareness about the SFSP nutrition benefits to children in many of the same communities served by your CACFP sites. There is a great need for the SFSP in many communities, but unfortunately, SFSP is seriously under utilized in Iowa.

The SFSP is a USDA Child Nutrition Program and compliments your CACFP, as well as the School Lunch Program, by feeding hungry children who do not have access to CACFP or to school lunch meals during the summer.

Typically, these needy children are hungry because they are not enrolled in a CACFP center, are out of school for the summer, parents don't know about the SFSP, or there is not an SFSP Sponsor in your community.

The Bureau of Nutrition Programs and School Transportation, Iowa Department of Education, State agency or (SA) administers the SFSP as well as the CACFP and School Lunch Program in Iowa. The SA is working hard to increase SFSP participation, but we need your help.

You can help the SA by promoting increased child participation, as well as awareness of the availability of SFSP programs in your community, in the following ways:

- Iowa had 46 SFSP Sponsors in 2004; the SA expects most of them will also be 2005 SFSP Sponsors, plus several additional new sponsors. A final list of 2005 SFSP Sponsors with information about contact persons, address, and phone numbers will be sent to you in late May 2005 after all 2005 Sponsor applications are approved. The SFSP Sponsors on the list have one or more supervised meal-serving sites available for serving free meals to any child under age 19 years who goes to the site during scheduled meal service (Open Site).
- Contact any sponsor on the list serving the same communities served by your CACFP childcare and ask them for information about their "Open

Sites" e.g. address, meal types served, meal serving times, dates of operation etc.

- Post SFSP "Open Site" information in a prominent location in your center for parents to see. Encourage parents to have their children, who are not attending your child care, to eat free meals at the SFSP "Open Sites."
- Encourage the SFSP Sponsor to post SFSP "Open Site" information in areas you know are frequented by children or their families.
- Tell the SFSP Sponsor what you are doing to promote SFSP; ask the Sponsor what else you can do to help.
- Thank the SFSP Sponsor. They voluntarily take on a big commitment to help hungry children during the summer.
- "Talk up" good nutrition to kids and adults.

For more information, contact:

Rod Bakken, CACFP/SFSP Lead Consultant
Bureau of Nutrition Programs and School Transportation, Iowa Department of Education,
Grimes State Office Building
Des Moines, Iowa 50319-0146
or Phone (515) 281-4760 or Rod.Bakken@iowa.gov

The USDA prohibits discrimination in its programs and activities on the basis of race, color, national origin, gender, age or disability. Persons with disabilities who require alternate means for communication of program information (Braille, large print, audiotape, etc.) should contact the USDA's TARGET Center at (202) 720-2600 (voice and TDD).

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD).

USDA is an equal opportunity provider and employer.

Voluntary Recall on Similac® Advance® With Iron Powder 12.9-oz. Can Lot Number 20307RB

Our Bureau does not have a formal process for alerting you of all recalls that pertain to childcare, and we are not the agency with authority to manage recalls. However, we want to keep you informed of information that we become aware of such as the recall of Similac® Advance® with Iron powdered infant formula described in the article below. In the future we will post recalls that we learn about immediately on our website at <http://www.state.ia.us/educate/ecese/fn/>. Click on food recalls and alerts. Postings will be for approximately six months. For a list of unsafe, hazardous or defective products, six federal agencies with vastly different jurisdictions have joined together to create www.recalls.gov -- a "one stop shop" for U.S. Government recalls. Check here frequently to obtain a more comprehensive list.

FOR IMMEDIATE RELEASE -- Columbus, OH -- February 2, 2005 -- The Ross Products Division of Abbott Laboratories in Columbus, Ohio announced today that it is voluntarily recalling one lot of Similac Advance with Iron powdered infant formula in 12.9-ounce cans, Lot Number 20307RB due to the presence of black plastic particles reported in a small number of cans. The Lot Number 20307RB is printed on the bottom of the can.

This formula was distributed between September 15, 2004 and October 18, 2004 primarily in the Eastern half of the United States and in Iowa, Kansas, and Missouri. If consumers have this product, they should contact Ross at 1-800-986-8884 between the hours of 8:30 a.m. to 5:00 p.m. Eastern Standard Time, Monday through Friday. The particles are the result of an isolated manufacturing event that has already been corrected.

Ross is working with the U. S. Food and Drug Administration on this voluntary recall. No serious health or safety reports have been received that are attributed to this situation.

http://www.fda.gov/oc/po/firmrecalls/ross02_05.html

Food Safety Basics: Food Temperatures

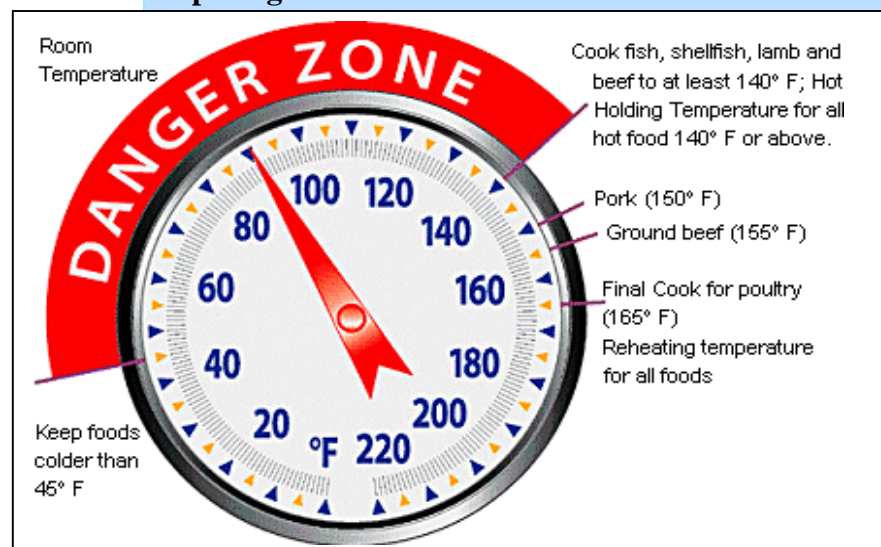
You need to carefully prepare food that you will serve. You will wash raw vegetables, cook, cool, reheat, freeze and thaw food. You must keep germs that are already in the food from growing and causing food poisoning. **Washing your hands carefully, cooking and cooling foods the right way are the most important things you can do to help keep your children healthy.** Your good habits will keep you, your children, and your family safe.

Temperature control

One way to kill germs is with heat during cooking. You can also stop their growth by keeping the food hot or cold. This is called **temperature control**, and you need thermometers to check food temperatures. There are special thermometers to check foods; there are also special thermometers to check refrigerator temperatures.

The "Danger Zone" Bacteria, or other germs, need time, food and moisture (or wetness) to grow; but they won't grow when the temperature of the food is **colder than 45° F (7° C) or hotter than 140° F (60° C)**. The temperatures in between 45° and 140° are in the "Danger Zone." Keep potentially hazardous foods out of the "Danger Zone!" For example, when food is left in the "Danger Zone", bacteria can grow fast, and make poisons that can make your children and family very sick.

Preparing food



- ★ Wash your hands.
- ★ No bare hand contact. Use barriers such as tongs, waxed sheets, spoons or gloves to prepare and serve ready-to-eat foods.
- ★ Get the food to be fixed from storage, the stove, the cooler or freezer. Take a little food out at a time, and keep the rest hot or cold until you are ready to work with it. Prepare potentially hazardous foods just before you need them.
- ★ Don't let the temperature of the food stay in the "Danger Zone."

Cooking food



Use a **metal stem thermometer** to check temperatures while cooking food to make sure that it gets done all the way inside. Different foods have to reach different temperature degrees to be done or safe. The metal stem thermometer measures the inside, or internal, temperature of the food. A thermometer that works best shows a range of 0° F to 220° F (0° C to 104° C). The only way you can be sure that the food is cooked enough is to use a metal stem thermometer placed in the center of the food, even if you also use a **thermostat** to control the temperature in the oven.

When is the food cooked safe? Here are a few examples of potentially hazardous food and how hot they must be to be safe. They can be hotter, but they must be at least this hot to kill germs:

- Poultry and Stuffing: 165° F (74° C)
- Pork: 150° F (66° C)
- Beef, Lamb and Seafood: 140° F (60° C)
- Rare Beef: 130° F (54° C)
- Hamburger (ground beef): 155° F (68° C)

You must place the thermometer in the thickest part of the meat or in the center of the food to get a true reading. (Do not touch a bone with the stem of the thermometer.)

All poultry, all food made from poultry, must reach 165° F or hotter to destroy Salmonella and other bacteria.

Hamburger (ground beef) must be cooked to 155° F. This includes all kinds of hamburger such as taco meat and meatloaf, as well as hamburger patties.

Pork and all foods made from pork must cook to at least 150° F to prevent **trichinosis**, a very serious illness.

Fish, seafoods, all foods made with seafood, and all other meats, such as beef and lamb, must be cooked to 140° F or hotter to kill the bacteria that cause foodborne illness. No raw meat is really safe to eat.

Never cook large roasts, turkeys or stuffed turkeys while they are still frozen. Their big size keeps the insides from cooking to a safe temperature. You must thaw them first so the heat can reach the center of the meat faster.

Microwave ovens do not cook evenly; you must stir and turn the food while it cooks to make sure it cooks to the same temperature in every part. Check the food with a metal stem thermometer before you serve it. (Do not keep the thermometer in the food while it is cooking in the microwave oven.)

How cold is cool? How hot is warm? Between the time you cook the food and you put away the cooked food in a cooler or freezer, its temperature can fall into the "Danger Zone."

Cooling You always take a chance when you have to cool down food. The best way to have safe food is to make it fresh each day, just before you serve it. If you have food that is leftover or made in advance, you must cool it and store it safely. The first rule to remember about cooling: Cool hot food as fast as you can to 45° F (7° C) or below, past the "Danger Zone."

Food that is not cooled fast enough is one of the leading causes of food borne illness.

Watch for our next issue, which will have additional information on temperature control.

Resources

This month "Food with Care" is featuring material available through the web. The library has been so popular that people are having to wait a while before getting the material they requested! So if you are waiting for something, please have patience, we ARE working on it.

The resources in this edition focus on sanitation and food safety. The Fight Bac website



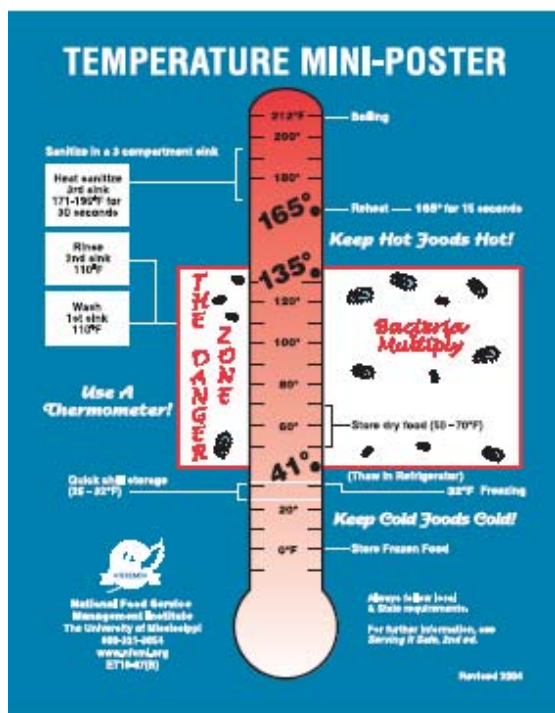
<http://www.fightbac.org/main.cfm> has all kinds of FREE stuff for kids and adults. Food borne illness is discussed in detail, with downloadable posters, FAQs, training material and links to even MORE neat stuff. Click on <http://www.nal.usda.gov/foodborne/index.html>.

Kid focused material is available at <http://www.cfsan.fda.gov/%7Edms/educate.html>. There are coloring books, songs, games, posters and all kinds of fun things to discuss food safety with kids and staff. More of the same is available at <http://www.foodsafety.gov/%7Efsg/fsgkids.html>.

Need a new copy of *Serving It Safe*? Download it right here:

<http://www.nfsmi.org/Information/sisindex.html>

Have a safe and healthy summer!



Multimedia Reservation Form Bureau of Nutrition Programs and School Transportation

Your name _____

Title _____

Phone () _____

Email _____

Agreement # _____

Mailing Address:

School/
Organization _____

Street _____

City _____ IA Zip _____

Your Request: We will make very effort to provide the material you request for the time you want. If the material is already taken, we will contact you by email to suggest another selection. **Material must be retained no later than 2 weeks after receipt!**

Loan # and Material title (s) (Please include both):

1st choice _____

2nd choice _____

If no title is known, indicate subject or topic to receive a list of possible titles.

Date(s) of use _____

Alternate date(s) _____

Group(s) to be trained _____

Approximate size of group(s) _____

Mail to: Mary Jo Clark
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Or FAX to: Mary Jo Clark at 515-281-6548
If you have questions, please call Mary Jo at 515-281-4751 or e-mail: maryjo.clark@iowa.gov